

Title: Skill-Building Course: Spirit & Soul

Description: This course is designed assist a Whole Health Coach or other educator working with Veterans who would like to incorporate “Spirit & Soul: Growing & Connecting” into their Personal Health Plans. It reviews six different “subtopics” related to this aspect of self-care, designed to give Veterans additional ideas, insight, and resources to support them on their Whole Health journey.

Objectives and Key Points

- Define “religion,” “spirituality” and “soul”
- Discuss how Spirit & Soul is linked to health
- Explore and more clearly identify one’s beliefs and values
- Discuss how Veterans’ health can be influenced by moral injury, grief, and forgiveness, and how self-care and care by the health care team can support work in these aspects of life
- Experience a mindful awareness exercise related to Spirit and Soul
- Learn from a chaplain about the role of chaplains in the VA, experiencing an exercise or practice they might offer a Veteran in their care
- Identify local resources that can support Veterans with this aspect of self care at a local level
- Create a Personal Health Plan focused on one aspect of Spirit & Soul

Sample Agenda (total time 60-80 minutes)

- Ground Rules, Definitions, and Why Spirit & Soul Matter (5-10 minutes)
- Exercise: Exploring Values, Meaning and Purpose with a Partner (10-15 minutes)
- Exercise: Spiritual Practices and Mindful Awareness (10-15 minutes)
- Grief, Moral Injury, Recovery (5-10 minutes)
- Chaplains and other experts, with discussion/demo (15 minutes)
- Partner activity: Setting a Spirit & Soul goal, large group sharing (15 minutes)
- Wrap up, questions, and evaluations

Preparation

1. Pre-Reading for Instructors

- *Passport to Whole Health*, Chapter 19. Spirit & Soul: Growing and Connecting. Available at <https://wholehealth.wiscweb.wisc.edu/wp-content/uploads/sites/414/2018/09/Passport-to-Whole-Health-3rd-Edition-2018.pdf>. Pay particular attention to the clinical tools. Chapter 7, Personal Development, features a Forgiveness clinical tool that may be relevant as well
- It might help to keep a list of all your different ideas for “making one small change”
- Be willing to share a little about your own definitions of spirituality and religion
- The Whole Health Library has a number of additional materials that are worth a look. <https://wholehealth.wisc.edu/overviews/spirit-soul/>. Be sure to look over the Spirit & Soul overview, as time allows

2. Prepare course materials and handouts

- We strongly encourage you to have a conversation with local chaplain services to have them partner with you to teach this course. Ideally, they can also demonstrate one of the exercises or activities they might do with a Veteran
- Read over the script for the mindful awareness exercise in advance
- Each participant will receive a copy of the Veteran Handout designed to accompany this course. It may be easiest to have handouts at participants' seats when they arrive, or you can pass them around later. Review the handout in advance, so you can be ready for questions
- You will need sheets of paper and pencils/pens for the mindful awareness experience
- You may wish to provide some additional Veteran handouts related to Spirit & Soul, available at <https://www.va.gov/PATIENTCENTEREDCARE/veteran-handouts/index.asp#spirit-and-soul>
- Be sure to have an evaluation form ready to give them at the end as well. There is a general evaluation form that is provided as part of the materials for this course

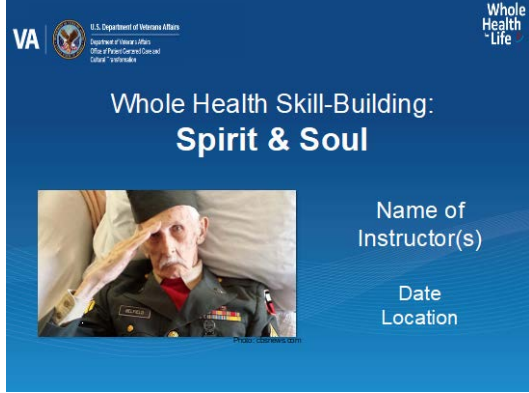
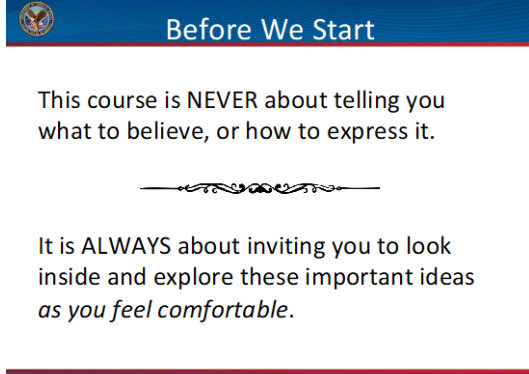
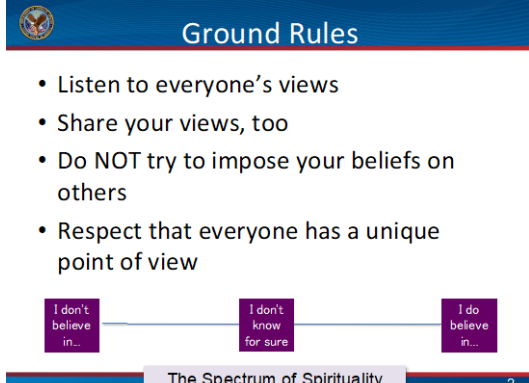
3. Set up AV and other equipment

- Be prepared to share the PowerPoint slides related to this course. A guide to each of the individual slides is featured later in this document
- Connect with the AV support person at your site
- A flip chart and markers, or a dry erase board, may be helpful
- If you do not have a slide projector, you can simply take them through the Veteran handout after you give each person a copy. Alternatively, you can print out the slides and give them copies. Then, just take them through the slides, following the faculty guide

4. Identify local and other resources

- You should know how to contact the chaplains at your site. Are there other churches/clergy that are especially important in your local community? It may be helpful to know them/reach out to them as well
- Add to the slide set (and/or Veteran Handout) to include local resources, including classes, group visits, and group therapy sessions available locally
- Develop your own list of favorite resources to share

Slide-By-Slide Guide




	<ul style="list-style-type: none"> • This is a picture of Justus Belfield, Army Veteran from Glenville NY. At 98, on Veteran's Day, he was too weak to get out of bed, but he still had his caregivers put on his uniform. He died the next morning. This course is about our meaning and purpose and what we do because of it • This is a good time to introduce yourself. Be sure to share your own title/role related to the VA and teaching • Might be worth it to have the participants do quick introductions as well, but be mindful of time • This can be a tricky topic to discuss, because people have such different beliefs. Lay a ground rule right away – this is about respect of everyone's beliefs and opinions, and being careful not to try to force our own beliefs and opinions on others
	<ul style="list-style-type: none"> • This can, of course be a contentious subject. It is important that, as facilitator, you prevent arguments about differing beliefs
	<ul style="list-style-type: none"> • Again, take time with each of these points • All the points on the Spectrum of Spirituality are valid • It is best not to specifically ask people what their beliefs are in a large group venue

<div data-bbox="198 195 240 237"></div> <h3 data-bbox="289 205 617 241">Today, we will talk about</h3> <ul data-bbox="219 262 682 546" style="list-style-type: none"> • What “Spirit & Soul” means • How spirituality and religion are linked to health • Identifying your views on meaning and purpose • Working with grief and forgiveness • How experts like chaplains and clergy can help • How to set a goal related to Spirit & Soul • Where you can learn even more about this <div data-bbox="690 562 706 583">3</div>	<ul style="list-style-type: none"> • This is the list of learning objectives for the course. You can review these in detail, or go quickly over them to save time • As you move through, remember the subtitle for this circle is “Growing & Connecting.” Spiritual issues are connected to every other part of our lives and all the other self-care topics • The main message here is that you will benefit from taking time to explore what gives you a sense of meaning and purpose. Build off that central question of “What really matters to me?”
<div data-bbox="198 609 240 651"></div> <h3 data-bbox="240 619 690 693">Let’s Discuss: What Do Spirituality, Religion, and Soul Mean?</h3> <div data-bbox="198 766 393 861"> <p>You can’t have a physical transformation until you have a spiritual transformation - Gary Becker</p> </div> <div data-bbox="425 709 695 976"> </div> <div data-bbox="690 982 706 1003">4</div>	<ul style="list-style-type: none"> • Highlight Spirit & Soul’s location on the circle • Can read the quotation and ask them if they agree, if time permits
<div data-bbox="198 1001 240 1043"></div> <h3 data-bbox="300 1012 609 1050">Examples of Definitions</h3> <ul data-bbox="219 1092 657 1354" style="list-style-type: none"> • Religion – a body of beliefs shared by a community • Spirituality – directly experiencing the sacred • Soul – what makes something or someone alive • <i>A person can be spiritual, religious, and soulful at the same time</i> <div data-bbox="690 1375 706 1396">5</div>	<ul style="list-style-type: none"> • Be sure to point out that while it is important to think about definitions, there is a lot of overlap • Some people may describe themselves as not spiritual and religious. There will still be suggestions in this module that can be of use to them. It can help simply to ask, “What gives me a sense of meaning and purpose?”
<div data-bbox="198 1394 240 1436"></div> <h3 data-bbox="276 1407 625 1444">Spirit and Soul may include</h3> <ul data-bbox="219 1470 673 1732" style="list-style-type: none"> • Meaning and purpose, what we value • Seeking well-being, inner freedom, and inner peace • Living, flourishing, and being resilient when challenges come • Connecting with others, or with something beyond us. Belonging • Being in the present moment (mindful awareness) <div data-bbox="690 1774 706 1795">6</div>	<ul style="list-style-type: none"> • This slide is optional, for if you feel you want to go deeper with defining Spirit and Soul







<div data-bbox="196 195 240 237"></div> <h2 data-bbox="289 205 613 279">Spirituality and Religion- Why They Matter</h2> <ul data-bbox="219 300 470 541" style="list-style-type: none"> • Survival: Attending religious services at least once a week decreases risk of death by 23% • Coping: Spirituality and religion help people handle things better, including overall stress, cancer, chronic diseases, natural disasters, and the effects of war <div data-bbox="487 306 699 474"></div> <div data-bbox="683 569 695 583">7</div>	<ul style="list-style-type: none"> • Spirituality and religion have powerful links to health. Most studies have involved religious attendance. The benefits occurred regardless of which religion a person belongs to, so long as it is a positive experience for them
<div data-bbox="196 588 240 630"></div> <h2 data-bbox="289 598 630 672">Spirituality and Religion- More on Why They Matter</h2> <ul data-bbox="196 688 456 951" style="list-style-type: none"> • Mental health: Tying them in with mental health care (when patients want to) improves outcomes • Healthy behavior: People are less likely to smoke, drink, etc. • Benefits of prayer: <ul style="list-style-type: none"> – Prayer activates different parts of the brain – Seems to help with chronic pain and mood problems <div data-bbox="500 699 685 861"></div> <div data-bbox="683 957 695 972">8</div>	<ul style="list-style-type: none"> • Take your time reading through these • Prayer studies have focused on prayer being done by people who belong to multiple different religions
<div data-bbox="196 980 240 1022"></div> <h2 data-bbox="261 991 643 1064">Mindful Awareness- Spirit & Soul Writing Exercise</h2> <ul data-bbox="196 1081 472 1339" style="list-style-type: none"> • An important piece of self-care is connecting with what gives you meaning and purpose • This is an exercise to help with that • Note what comes up for you – thoughts, emotions, sensations – as you work through this exercise • There will be time to discuss as a group when we finish <div data-bbox="482 1102 706 1245"></div> <div data-bbox="683 1354 695 1369">9</div>	<ul style="list-style-type: none"> • The template for this meditation is included with the course materials • They will need paper and a writing implement • Be sure to allow time for discussion when completed
<div data-bbox="196 1373 354 1528"></div> <h2 data-bbox="391 1388 667 1419">Zeroing in on Options</h2> <div data-bbox="240 1434 678 1759"></div>	<ul style="list-style-type: none"> • This circle summarizes some general topics that can guide Veterans when they add Spirit and Soul as part of their Personal Health Plans • Read the name of each circle. We'll cover them one at a time going clockwise • There is some overlap between the different topics

	<ul style="list-style-type: none"> • The first topic is about exploring values, meaning, and purpose. This ties closely to the key personal health planning step of asking what really matters, and outlining Mission, Aspiration, and Purpose • If you wish, and if time allowed, you could take them through the “Values: Figuring Out What Matters Most” Clinical Tool in the <i>Passport to Whole Health</i>, Chapter 11, but this may not be appropriate for all reading levels
<p style="text-align: center; color: blue;">An important part of self-care is self-awareness</p>	<ul style="list-style-type: none"> • Part of your health plan may simply be to move forward on your spiritual “quest” in whatever way you feel is appropriate • Take time to think about questions like: <ul style="list-style-type: none"> ○ What happens when we die? ○ Why is there suffering? ○ Are miracles possible? ○ How do you decide what is true for you?
<div style="background-color: #005596; color: white; padding: 5px; text-align: center;">  Six Aspects of Spirituality </div> <div style="display: flex; align-items: center; justify-content: center; margin-top: 20px;"> <div style="border: 1px solid #005596; border-radius: 50%; padding: 10px; text-align: center; width: 150px;"> <p>✧ Religious</p> <p>✧ Humanistic</p> <p>✧ Nature</p> <p>✧ Experiential</p> <p>✧ Cosmos</p> <p>✧ Mystery</p> </div> <div style="margin-left: 20px; text-align: center;"> <p><i>You might find that more than one of these apply to you. Also, you might be drawn to others besides these.</i></p> </div> </div>	<ul style="list-style-type: none"> • This is an exercise designed to help people broaden their concept of what spirituality is • Many people equate spirituality and religion, which may not sit well for everyone. There are other ways to think about it
<div style="background-color: #005596; color: white; padding: 5px; text-align: center;">  1. Religious </div> <div style="margin-top: 20px;"> <p>Closeness and connection to the sacred as described by a specific religion. Sense of closeness to a particular Higher Power</p> <ul style="list-style-type: none"> • 83% of US adults belong to a religious group • 91% believe in God or a universal spirit </div> <div style="text-align: center; margin-top: 10px;">  </div>	<ul style="list-style-type: none"> • Definition pretty clear in the slide • Can remind them of the definition of religion discussed earlier: “A religion is a body of beliefs shared by a community”





<div data-bbox="203 195 243 241"></div> <h2 data-bbox="300 205 607 237">2. Humanistic Spirituality</h2> <div data-bbox="203 289 483 451"></div> <p data-bbox="207 451 279 464">Photo: VNOZ.com</p> <p data-bbox="527 296 665 365">Closeness and connection to humankind.</p> <p data-bbox="527 394 695 489">May involve feelings of love, reflection, service, and altruism.</p>	<ul style="list-style-type: none"> • The soldier is Dave Eubank, who has just helped a little girl who was surrounded by ISIS soldiers, to escape • Health care providers, police officers, teachers, and people in the military often relate to this aspect of spirituality
<div data-bbox="203 588 243 634"></div> <h2 data-bbox="323 598 581 630">3. Nature Spirituality</h2> <p data-bbox="219 699 427 802">Closeness and connection to nature or the environment. Like the wonder you feel walking in the woods or watching a sunrise.</p> <p data-bbox="219 831 443 873">An important focus for many traditional healing approaches.</p> <div data-bbox="457 722 688 879"></div> <p data-bbox="558 879 688 890">Photo credit: WhereJillWasTaken.com</p>	<ul style="list-style-type: none"> • This is another one that is important to many Veterans – love of the natural world
<div data-bbox="203 980 243 1026"></div> <h2 data-bbox="295 991 609 1022">4. Experiential spirituality</h2> <div data-bbox="232 1056 313 1163"></div> <p data-bbox="232 1163 313 1173">Photo credit: www.military.com</p> <div data-bbox="305 1121 394 1228"></div> <p data-bbox="354 1228 394 1239">Photo credit: www.military.com</p> <div data-bbox="196 1184 337 1268"></div> <p data-bbox="196 1268 253 1278">Photo credit: www.military.com</p> <div data-bbox="305 1268 412 1341"></div> <p data-bbox="354 1341 412 1352">Photo credit: www.military.com</p> <ul style="list-style-type: none"> • Shaped by personal life events • Influenced by our individual stories • Informed by what we love to do and be • Experience in war influences Veterans profoundly 	<ul style="list-style-type: none"> • What happens to us shapes who we are and what we believe, too • The guy in the top picture is Noah Galloway, a Veteran who was on Dancing With the Stars despite having lost an arm and a leg in Iraq • Military experience will certainly shape your spiritual perspectives
<div data-bbox="203 1373 243 1419"></div> <h2 data-bbox="318 1383 584 1415">5. Cosmos Spirituality</h2> <ul style="list-style-type: none"> • Feeling connected to all of creation. • Can come up when you think about just how big it all is... • ...like when you look up at the stars or down at a handful of grains of sand <div data-bbox="493 1440 675 1577"></div> <p data-bbox="558 1577 659 1587">Photo credit: www.nasa.gov</p> <div data-bbox="493 1604 675 1722"></div> <p data-bbox="617 1722 675 1732">Photo credit: flickr.com</p>	<ul style="list-style-type: none"> • Can ask them for other examples that make them feel that sense of the 'bigness' of it all – seeing the ocean, looking out over the Grand Canyon, etc.

<div data-bbox="196 195 240 237" data-label="Image"></div> <h2 data-bbox="386 205 516 237">6. Mystery</h2>  <ul style="list-style-type: none"> • There is much that we simply cannot know or understand • Perhaps it is not possible to fully grasp or know, and that is okay. <p><small>Photo credit: Shutterstock.com</small></p>	<ul style="list-style-type: none"> • Many people will say they are agnostic, that there is just a lot we don't know for sure
<div data-bbox="196 588 240 630" data-label="Image"></div> <h2 data-bbox="354 598 553 630">Partner Exercise-</h2> <h3 data-bbox="305 636 602 667">Your Spiritual Perspective</h3> <p>Consider the six different aspects of spirituality (and others you may think of)</p> <ol style="list-style-type: none"> 1) Religious 2) Humanistic 3) Nature 4) Experiential 5) Cosmos 6) Mystery <ul style="list-style-type: none"> • <i>Which ones resonate with you the most, and why?</i> • <i>How might your views influence how you take care of yourself?</i> 	<ul style="list-style-type: none"> • As with all activities, this is optional • Give people at least 3 minutes each to speak. Keep track of time • Remind them of the ground rules • The person listening should truly listen, letting the other person share in as much depth as they would like without interruptions
	<ul style="list-style-type: none"> • The next topic relates to whether or not you want to explore having a “Spiritual Practice”
<div data-bbox="196 1373 240 1415" data-label="Image"></div> <h2 data-bbox="272 1383 634 1415">What is a Spiritual Practice?</h2> <ul style="list-style-type: none"> • Something you do that reminds you about what really matters • An activity that brings peace and ease • Something that helps you feel a sense of connection to something more 	<ul style="list-style-type: none"> • Take time to read this slide carefully • Can ask if anyone has a spiritual practice they would like to share about • Again, you decide if any of these suggestions are relevant to you

<div data-bbox="198 195 240 237" data-label="Image"></div> <h2 data-bbox="267 205 634 237">What is a Spiritual Practice?</h2> <ul data-bbox="219 268 402 527" style="list-style-type: none"> • Other Examples <ul style="list-style-type: none"> – Carrying an “anchor” – Holidays – Pilgrimage – Meditation – Music and Art – Joining a community – Gratitude – Compassion – Forgiveness – 12-Step Programs • You decide! <div data-bbox="438 287 680 464" data-label="Image"></div>	<ul style="list-style-type: none"> • Again, can invite people to share as time allows • An anchor is an object that has meaning for you that you can take with you, like a photo, a small stone, a necklace, etc. It anchors you to what gives you meaning and purpose, because you can look at it whenever you need a reminder about those things • 12-step programs, such as those with Alcoholics Anonymous, link many people to spiritual practices
<div data-bbox="272 606 636 961" data-label="Diagram"> </div>	<ul style="list-style-type: none"> • These topics are heavy – they can bring up a lot of emotions and memories • Remind people that writing a health plan need not mean tackling their greatest challenges first, or tackling them all at once • These are mentioned briefly as some food for thought about areas they may wish to explore as part of their self-care at some point, when they are ready
<div data-bbox="198 980 240 1022" data-label="Image"></div> <h2 data-bbox="418 991 487 1022">Grief</h2> <ul data-bbox="219 1054 443 1318" style="list-style-type: none"> • More than an emotion • Tied to physical and mental problems • Complicated grief (7% of the time) • Veterans were trained to be stoic, and that can cause problems with healing grief • Important to have support <div data-bbox="451 1089 680 1245" data-label="Image"></div>	<ul style="list-style-type: none"> • There is an entire grief module in the Whole Health Library • Complicated grief is grief that doesn't get easier with time and that interferes with a person's ability to live their life
<div data-bbox="198 1373 240 1415" data-label="Image"></div> <h2 data-bbox="370 1425 535 1457">Moral Injury</h2> <div data-bbox="222 1514 438 1669" data-label="Image"></div> <div data-bbox="228 1707 430 1761" data-label="Text"> <p>There are techniques to work through it – care professionals can help</p> </div> <ul data-bbox="457 1478 691 1732" style="list-style-type: none"> • Someone did something, saw something, or couldn't prevent something that was against their deepest moral beliefs • This causes them not to trust themselves or others • Can be tied to medical problems • Commonly happens during war 	<ul style="list-style-type: none"> • Probably would not encourage too much large group or partner sharing with this topic, given this is a lecture unto itself and a very emotionally-laden topic • Can say you just want to make them familiar with the concept

<div data-bbox="191 191 699 243">  <h2>Recovery</h2> </div> <div data-bbox="219 279 423 499">  <p>SAMHSA'S 12-STEP PROGRAM FOR RECOVERY</p> </div> <div data-bbox="472 273 699 552"> <ul style="list-style-type: none"> • Healing for addiction • 12-Step Programs can be incredibly helpful • “Process of change through which people improve health and wellness, live self-directed lives, strive to reach full potential” </div>	<ul style="list-style-type: none"> • Can highlight various parts of this circle • Alcoholics Anonymous is one example of a 12-step program • These programs rely heavily on spirituality
<div data-bbox="272 611 634 961">  <p>Spirit & Soul Growing & Connecting</p> </div>	<ul style="list-style-type: none"> • This is a key one area, and another one that takes a time and energy investment if you want to draw it into your health plan • If you want to read more, the forgiveness information is featured in Personal Development materials in the Whole Health Library
<div data-bbox="191 1010 699 1062">  <h2>Forgiveness</h2> </div> <div data-bbox="219 1098 456 1287">  <p>Forgiveness is the best form of love. It takes a strong person to say sorry and an ever stronger person to forgive...</p> </div> <div data-bbox="472 1092 699 1377"> <ul style="list-style-type: none"> • A freely made choice, and a process • Takes time • Research supports its use for many health problems • Involves setting yourself free, not saying a bad thing that happened is okay • Is another area where it is good to get help from your care team </div>	<ul style="list-style-type: none"> • It is important to reinforce that forgiveness is primarily about setting ourselves free, and not somehow dismissing the wrongness of something we experienced • It is truly an act of courage – one of the bravest things you can do
<div data-bbox="272 1436 634 1787">  <p>Spirit & Soul Growing & Connecting</p> </div>	<ul style="list-style-type: none"> • There are many people who can support you with Spirit & Soul

<div data-bbox="203 199 240 241"></div> <h3>Spirit and Soul: Experts</h3> <ul style="list-style-type: none"> Chaplains <ul style="list-style-type: none"> Can help people from many religions and traditions VA has a strong chaplaincy presence They can cover many topics <ul style="list-style-type: none"> Death and dying Meaning of illness and suffering: "Why is this happening?" Feelings of spiritual anxiety, guilt, anger, loss, and despair Psychologists and others (clergy, pastors, ministers, rabbis, etc.) can help with grief, forgiveness, recovery, and moral injury too <div data-bbox="527 304 706 430"></div>	<ul style="list-style-type: none"> After you review this slide, ask them if they have other ideas in addition to this list
<div data-bbox="203 588 240 630"></div> <h3>Try it out!</h3> <h2>Demonstration</h2> <div data-bbox="690 955 706 976">32</div>	<ul style="list-style-type: none"> This is an opportunity for you to invite a VA chaplain to share what chaplains do, how to contact them, and some of the activities or tools that they might use with the Veterans in their care
<div data-bbox="267 997 641 1354"></div>	<ul style="list-style-type: none"> And finally, we come to the last circle. Anything is fair game here – options we have discussed so far, or others we haven't
<div data-bbox="186 1375 316 1470"></div> <h3>Set a Goal!</h3> <h4>Make One Small Change</h4> <p>All the topics we have talked about can guide you</p> <ul style="list-style-type: none"> Clarify your beliefs and values Decide if you want to start a practice Work with grief, moral injury, and/or recovery Forgive Talk to a chaplain or other professional <p>There are many small changes you can make. Examples:</p> <ul style="list-style-type: none"> Carry a photo of someone important to you Read something inspirational Offer gratitude Do a random act of kindness each day <div data-bbox="690 1743 706 1764">34</div>	<ul style="list-style-type: none"> As the instructor, you can read all the items on this list, or just let them read them silently (remember, not everyone can read well), or highlight a few of your favorites Ask them if they have other thoughts, beyond those we have discussed

<div data-bbox="196 195 240 237"></div> <h2 data-bbox="386 205 516 237">Your Turn</h2> <ul data-bbox="220 296 440 527" style="list-style-type: none"> • Work with a partner • Take turns • Come up with a personal goal related to Spirit & Soul for your Personal Health Plan • You will be invited to share yours with the group, if you want <div data-bbox="456 338 699 495">  <p data-bbox="613 495 695 506">Photo: TLNT.com</p> </div> <div data-bbox="683 562 699 583">33</div>	<ul style="list-style-type: none"> • The temptation is always to spend more time on lecture and less on experiential activities or skill-building. Give this last exercise at least 15 minutes • Some people may be hesitant, but encourage them to work with someone else if at all possible. If not, they can still set a goal on their own, and you can check in with them while others are working in pairs • If there are an odd number of people, you can always jump into the mix and pair with someone yourself • Be sure to set a timer to remind them to switch who is doing the talking/planning halfway through • Take time for a large group discussion, and invite people to share their goals • *Be sure to focus on accountability – how can they check in with their partner (text, coffee, email, etc.)? When? Can you as the instructor check in with them at some point? Be sure to talk about their next steps with all of this work
<div data-bbox="196 877 240 919"></div> <h2 data-bbox="367 888 537 919">Setting Goals</h2> <p data-bbox="207 957 435 978">Seven steps in goal setting</p> <ol data-bbox="207 982 440 1209" style="list-style-type: none"> 1. Identify the goal 2. Know the benefits 3. Know obstacles 4. List skills and knowledge needed 5. Identify who can help 6. Develop a plan (SMART) 7. Set a timeline and next steps <div data-bbox="505 961 667 1171"> <p data-bbox="508 968 643 989">SMART Goals</p> <ul data-bbox="508 999 651 1146" style="list-style-type: none"> • Specific • Measurable • Action-based • Realistic • Time-bound </div> <div data-bbox="683 1245 699 1266">32</div>	<ul style="list-style-type: none"> • You can leave this slide up while they are talking to their partner. It can help them create stronger goals • Up to you if you want to read through it or simply have them read to themselves
<div data-bbox="196 1308 240 1350"></div> <h2 data-bbox="367 1318 537 1388">Spirit & Soul – Summing Up</h2> <ol data-bbox="220 1392 699 1661" style="list-style-type: none"> 1. Start by asking: What gives me a sense of meaning and purpose (What really matters?) 2. Remember, this area is closely tied to health in many ways 3. There are many options. Pick one and take it at a pace that works for you 4. Working with Spirit & Soul takes courage. You've got this! 5. What is one way you can do some good today? <div data-bbox="683 1682 699 1703">37</div>	<ul style="list-style-type: none"> • Feel free to modify this based on which points you chose to emphasize

<div data-bbox="203 199 240 235" data-label="Image"></div> <div data-bbox="391 207 506 245" data-label="Text"><p>Thanks!</p></div> <div data-bbox="263 252 649 562" data-label="Image"></div> <div data-bbox="685 569 699 583" data-label="Text"><p>36</p></div>	<ul style="list-style-type: none">• Read the caption of this slide aloud, since the font is small• As you finish, be sure to leave time for questions and comments• There is a general evaluation form you can pass out that is included in the course materials
--	--